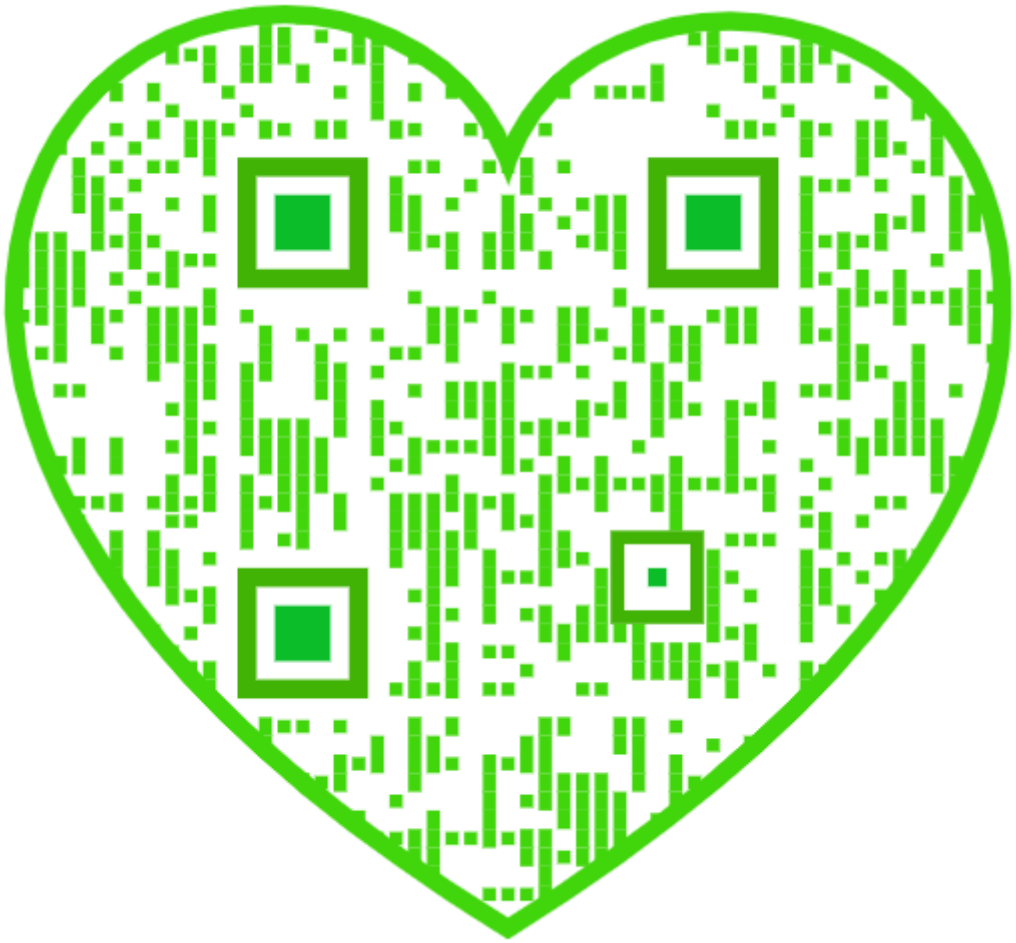

U.S. Bureau of Home Economics.
Freeman, Mary, Adelle Blakely, 1892-
This work was done by Miss. Freeman in 1937-39

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RECIPES FOR POTATO STARCH AND POTATO FLOUR

Potato flours vary in their water-absorbing capacities, therefore some of these recipes may not be satisfactory, when some types of potato flour are used. Different brands of potato starch are more nearly alike in their action in food products. Potato starch and potato flour weigh differently, therefore they must be substituted for each other in recipes by weight and not by measure. Potato flour, if used in too large quantities produces a dark-colored, gummy product. It is better in baked products which are served hot. It cannot be used alone in light, delicate products, such as sponge cakes.

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MUFFINS

1 cup sifted flour
3/4 cup potato starch, or
1/2 cup potato flour
1 teaspoon salt
3 teaspoons baking powder
1 egg
1 cup milk
3 tablespoons fat, melted

CORNMEAL MUFFINS

2/3 cup white corn meal
1/3 cup potato starch or
1/4 cup potato flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon sugar
1 egg
1/2 cup milk
1 teaspoon fat, melted

Sift the dry ingredients together. Combine the egg, milk and melted fat. Add to the dry ingredients all at once, stir just enough to moisten and give the mixture a rough appearance. Fill greased muffin pans two-thirds full. Bake in a hot oven (400°F. to 425°F.) for about 20 minutes.

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BISCUITS

1-1/3 cups sifted flour
2 tablespoons potato starch or flour
2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons fat
Milk to make a soft dough

Sift the dry ingredients together and cut in the shortening. Make a well in the mixture and add the milk slowly, stirring from the center, until a soft dough is formed. For drop-biscuits, drop the dough by spoonfuls on a baking sheet. For cut biscuits, place the dough on a lighly-floured board and pat out or roll until one-half of an inch thick. Cut into as many biscuits as possible from the first rolling. Bake in a hot oven (450°F.) for about 15 minutes.

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GRIDDLE CAKES

1-1/3 cups sifted flour
2 tablespoons potato starch or flour
2 teaspoons baking powder
3/4 teaspoon salt
1 egg, beaten
2 tablespoons fat, melted
0 to 1 tablespoon sugar
Milk for the desired consistency

Sift the dry ingredients together. Combine the beaten egg, some of the milk and melted fat. Add gradually to the dry ingredients, stirring until smooth. Add milk to the desired consistency. Bake on a hot griddle.

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POTATO FLOUR DUMPLINGS

2/3 cup sifted potato flour
1/4 cup dried skim milk*
1 teaspoon salt
2 eggs
2/3 cup water*

Sift the dry ingredients together, add the beaten eggs and water and stir until completely mixed. Drop by teaspoonfuls on top the boiling mixture. Cover and simmer slowly for about 15 minutes.

*2/3 cup milk may be used instead of water in case the dried skim milk is not available.

With Meat and Vegetable Stews.

Potato flour dumplings may be cooked in meat and vegetable stews with brown gravy. They add flavor and food value and the combination is a satisfying one-dish meal.

Fruit Dumpling as Dessert.

Fruit may be added to the dumpling batter and the mixture cooked in sugar sirup made from 1 cup of sugar in 3 cups of water. Add the sugar to the water and bring to a boil, stirring until the sugar is dissolved before adding the dumplings.

Potato flour does not sift well; being dry and slightly grainy, it pours through the sifter rapidly and therefore it is necessary to thoroughly mix the dry ingredients together before adding the liquid.

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POTATO FLOUR NOODLES
with egg

1/4 cup potato flour
1 egg
1/4 teaspoon salt

Break the egg into the flour which has been sifted with the salt. Stir until well mixed. Place on well-floured board, roll until very thin and hang the dough over a rack to dry for about 10 to 15 minutes. (If it dries too long it will break when cut.) Cut the sheet of dough into strips about 3 inches wide and pile these strips one over the other lengthwise; then cut in very narrow strips crosswise. Spread the strips out to dry thoroughly. Use in soups and stews. Allow about 15 minutes to cook the noodles.

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FRIED POTATO FLOUR NOODLES WITHOUT EGG

1/4 cup potato flour
3 tablespoons water
1/4 teaspoon salt

Sift the potato flour and salt, add the water and mix to a dough. Place the dough on a well-floured board and roll as thin as possible. The dough will be very firm and rubbery. Cut the sheet of dough into strips about 3 inches wide and the length of the dough, then cut the strips into narrow strips crosswise, about 1/8 inch. Do not allow to dry. Fry a few noodles at a time submerged in fat in a covered basket at 300°F. for about 4 minutes. Keep the remainder of the noodles covered with a cloth until ready to fry, so they will not dry out.

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PUDDING

2 cups milk
2-1/2 tablespoons of potato starch or
3 tablespoons of potato flour
4 tablespoons sugar
1/8 teaspoon salt
1/2 teaspoon vanilla

If 2 tablespoons of cocoa are used reduce the potato starch or flour 1/2 tablespoon.

Heat the milk over water or in a double boiler. Mix the cocoa, potato starch or flour, sugar and salt together. Add the scalded milk slowly, stirring all the time. Cook over water until the mixture thickens. When thick, cover and cook for 20 minutes. Beat well, add the vanilla and pour the pudding into a dish which has been rinsed in cold water. Chill before serving.